

Too Busy to De-stress? Overcoming Common Challenges to Practicing Mindfulness

Have you ever noticed how stress accumulates in your body? Your shoulders tighten, you have trouble sleeping, and you suddenly find yourself in an unhealthy cycle of thoughts and actions. Don't get addicted to "busyness" or let it define you. You can do less – and achieve more! Join our live, online session where you'll learn ways to deal with daily stress with greater ease.

In Too Busy to De-stress? you will begin to:

- Understand the difference between responding and reacting to stress
- See your world in new and exciting ways
- Sleep better
- Experience mindfulness practices to integrate into your day



REGISTRATION INFORMATION

Join us for our free **Stress Less, Live More™** online session. Registration is easy!

May Session: **Too Busy to De-stress? Overcoming Common Challenges to Practicing Mindfulness**

Dates and Times – Choose One:

May 12th at 1:00 pm Arizona time

May 27th at 1:00 pm Arizona time

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or techsupport@emindful.com with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

COMING IN JUNE

Stress Less, Live More™

Feeling Overwhelmed? Learn Mindfulness Skills to Stop "Auto-Pilot" Stress Reactions and Make Choices to Calm the Chaos

Save the June Session Dates:

June 10th 1:00 pm Arizona time

June 25th 12:00 pm Arizona time

Weight Balance for Life

Understanding Emotional Eating and How to Free Ourselves from its Hold on Us

Save the June Session Dates:

June 11th 11:00 am Arizona time

June 30th 1:00 pm Arizona time

